Quebec Family Week 2024

**FAMILIES : THE CENTRE OF OUR UNIVERSE**

In the firmament of our lives, there is a constellation that shines with unparallelled brilliance: family. Be it nuclear, blended, adoptive, extended or any other type, family is the centre of our universe, a nucleus around which our experiences gravitate during the course of our lives.

We all find family a source of comfort and support, in good times and bad, but its importance extends well beyond the home. At a societal level, it is the thread that forms the mesh of our social safety net. It’s the first place we turn for help, contributing to economic and social stability. It’s the first place we get an education, preparing children to do their part to build a kinder world. It’s the first place we experience the power of togetherness, helping reduce poverty and exclusion, particularly among the most vulnerable.

Healthy families form the foundation of human capital that is the greatest source of wealth for our society.

In this patchwork of experiences, families still need a helping hand. Through support for fertility, adoption, prenatal and postpartum services, mental and physical health care, early childhood education and school services, not to mention day camps, services for children with special needs, parental leave, measures for better family-work balance and support for caregivers, we have a collective responsibility to empower families to be all that they can be.

Supporting families is more than an act of kindness; it’s a forward-looking strategy that promotes a more just and prosperous society. Family-centred policies recognize the pivotal role they play. Investing in the well-being of families means investing in a sustainable future.

**Quebec Family Week, taking place May 13 to 19**, is a chance to celebrate the importance of family for us and for our communities. Let’s give families a voice and listen to what they have to say. Most importantly, let’s make access to services a shared priority, so that every family gets the support they need to contribute fully to our society.